

GENERAL INFORMATION



Our Goal: Improve your health by...

- 1) Moving more – through exercise and other activity
- 2) Making small changes to your nutrition & wellness
- 3) Building Community as we do this together

Details:

- ✚ 6-week Challenge: January 16th through February 26th
- ✚ Join any time.
- ✚ Track your progress as you earn points for active time, nutrition and wellness choices, and education.
- ✚ Points tallied weekly and posted in the WS lobby and online.
- ✚ Every 100 points earned gets you entry into our Grand Prize Raffle
- ✚ Weekly Paper Tracking Card or Online Tracking
- ✚ Paper cards should be turned in by Tuesday Noon of the following week
- ✚ Each week the new tracking cards or online tracker will be available the preceding Saturday by 5pm.
- ✚ Saturday workshops: Education and How-to's. (12:15 1:15pm)
- ✚ Sunday Olympia area walks (1:00pm meet at Whetstone)
- ✚ Find an accountability buddy (or two) and you'll be ready to go!

Questions?

- ✚ E-mail Sara Tips at sara@whetstonefit.com
- ✚ Ask our helpful Front Desk Staff